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1. **[illegible] [illegible], [illegible] [illegible] [illegible].**
   - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible] [illegible] [illegible] [illegible].**
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[illegible] [illegible] [illegible]

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(Nān mūraiyil virukirēn enna kaaraṇam)

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1. **[illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
2. **[illegible] [illegible] [illegible] [illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
3. **[illegible]**

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[illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible].

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> [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible] [illegible].
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> [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]: '[illegible] [illegible] [illegible] [illegible] [illegible].'
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> [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], 10 [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible].

- **[illegible]:** [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible].
- **[illegible]?**: [illegible] [illegible] [illegible] [illegible] [illegible], [illegible], [illegible] [illegible] [illegible]

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[illegible].

1. **[illegible]:** [illegible], [illegible] [illegible], [illegible] [illegible].

2. **[illegible]:** [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible]

[illegible], [illegible], [illegible] [illegible].

> **[illegible]?**
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> [illegible], [illegible], [illegible] [illegible] [illegible] [illegible]

[illegible]: [illegible], [illegible]. [illegible] 5 [illegible]. [illegible], [illegible].

[illegible]. [illegible]. [illegible]. [illegible].

[illegible] - 30 [illegible].

[[illegible] - [illegible], [illegible].]

[illegible], [illegible], [illegible]: "Recovery Kernel, Naloxone, COMT, DRD2, MTHFR, Blueprint, findahelpline.com."

[illegible]: [illegible]:

[[illegible].]

[[illegible]. [illegible]]

[illegible]. [illegible]. [illegible]. [illegible].

> [illegible]. [illegible], [illegible].
>
> **[illegible]:**
>
> * **[illegible].** **(I can't confirm a false thing in my mind.)**
> * **[illegible].** **(I clearly know what I need to do.)**
> * **[illegible], [illegible]-[illegible].** **(Before I solve this problem, self-reflection is essential to me.)**
> * **[illegible]. [illegible]
>
> - [illegible].
> - [illegible].
> - "[illegible] (Blue). [illegible] (Mom). [illegible] (Hunger). [illegible] (Almost). [illegible] (Finally). [illegible] (No). [illegible] (Yes)."
> - [illegible], [illegible].
>
> [illegible], [illegible]. [illegible]. [illegible]. [illegible].

[illegible]: [illegible]

- **[illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible].
- **[illegible]:** [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible], [illegible] [illegible].
- **[illegible]:** [illegible] [illegible] [illegible]

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* [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

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1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

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- **Recovery Kernel (□□□□□□□□□ □□□□□□):** □□□ □□□ □□□□□ □□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□□□□□ □□□□□□□□ □□□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□.
- **Naloxone (□□□□□□□□□□):** □□□ □□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□, □□□□□□□□□□ □□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□ □□□□□□□□□□ □□□□□□□□□□□□□□□□□□□□.
- **COMT (□□□□□ □□□□□□□ □□□□□□□□□□):** □□□ □□□ □□□□□□□□□□□□□ □□□□□□□ □□□□□□□□□□□□□□□□, □□□□□□□□ □□□□□ □□□□□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□□□□□□□□□□.
- **DRD2 (□□ □□□□ □□ 2):** □□□ □□□□□□□ □□□□□□□□□ □□□□ □□□□□□□, □□□□□□□□ □

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[illegible] [illegible] [illegible] [illegible] [illegible]: [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible]: [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

4. [illegible]
5. [illegible]

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible] [illegible]?

[illegible] [illegible] [illegible]:

[illegible]: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

4.2 [illegible]:

- [illegible]: [illegible] [illegible] [illegible]

1. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

2. **[illegible] [illegible]:** [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

3. **[illegible] [illegible]:** [illegible], [illegible] [illegible]

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible]:

- [illegible] [illegible] [illegible] [illegible] (OPRM1, DRD2, COMT, MTHFR, ADH1B, ALDH2)
- [illegible] [illegible] [illegible] [illegible] ([illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible])
- [illegible] [illegible] [illegible] (ευ [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]

[illegible]:

[illegible], [illegible] [illegible] [illegible] [illegible] [illegible], **1886**-[illegible] [illegible] [illegible] [illegible] **(Jackson, Georgia)** [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible] **(John Pemberton)**, [illegible] [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible]

[illegible] [illegible] (cocaine) [illegible] — [illegible] [illegible]

[illegible] [illegible], [illegible] [illegible] [illegible] (bottle) [illegible]. [illegible], [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

*- **[illegible]:** [illegible], [illegible] [illegible] [illegible], [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible].*
*- **[illegible]:** [illegible], [illegible]*

[illegible]-[illegible] [illegible] [illegible] - [illegible] [illegible]?

[illegible]-[illegible], [illegible] [illegible] [illegible] [illegible], [illegible] (Coca-Cola) [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]; [illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

1. [illegible] [illegible] [illegible]:

- [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible].
- **1880**-[illegible], [illegible]-[illegible] [illegible] [illegible], [illegible]

1886 [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]-[illegible] (Coca-Cola) [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] (coca leaf extract) [illegible] [illegible] [illegible] (kola nuts) [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].
1903: [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible]-[illegible] [illegible] [illegible] '[illegible]' [illegible] [illegible] [illegible] - [illegible] [illegible] [illegible], [illegible] [illegible] [illegible].
1886-[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible], [illegible]

[illegible] [illegible] [illegible]. [illegible] [illegible] 'Über Coca' [illegible] [illegible], [illegible] [illegible] [illegible]

*- **[illegible]:** [illegible], [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible], [illegible] [illegible].*

*- **[illegible]:** [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible], [illegible], [illegible] [illegible] [illegible]*

 # [illegible] (Recovery Kernel) [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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3. "Recovery Kernel", "Naloxone", "COMT", "DRD2", "MTHFR", "Blueprint" [illegible] "findahelpline.com" [illegible] [illegible] [illegible]; [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible], [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

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[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible], [illegible] [illegible]?

[illegible] [illegible] [illegible], [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible]?

[illegible]: [illegible]

1. "[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]."**

2. "[illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]."**

3. "[illegible]

[illegible] — [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible]. [illegible] (cortisol) [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible].'

[illegible] - [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible], [illegible], [illegible] [illegible] [illegible] [illegible] [illegible].

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(In this case, a direct translation maintains the original tone and respect for the source.)

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[illegible] [illegible] [illegible] [illegible] **- ANCHOR** [illegible] [illegible].

[illegible] (**[illegible]**): [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible], [illegible] [illegible] [illegible], "[illegible], [illegible] [illegible] [illegible] [illegible]" [illegible]?

[illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. (Oru niminattukka melaaana aaranil ena poruppaa kadiraga utnaan piraabpu vaaytha sirappu kaadhal kaanp.)

[illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible].

[illegible] [illegible] **(THEY)** [illegible] [illegible] [illegible] [illegible]? [illegible] [illegible] [illegible] [illegible]?

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[illegible] [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] (glutamate) [illegible] GABA [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]. [illegible], [illegible] (benzos) [illegible] [illegible] [illegible] GABA [illegible] [illegible] [illegible] [illegible], [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] [illegible]

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2. **[illegible] [illegible]:**
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   - [illegible] [illegible] [illegible]: [illegible] [illegible] [illegible]

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[illegible].

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1. □□□□ (Learn):

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2. □□□□□□□□ (Teach):

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1. **[illegible]:** [illegible], [illegible]. [illegible], [illegible].

2. **[illegible]:** [illegible], [illegible]. [illegible], [illegible].

3. **[illegible]:** [illegible], [illegible]

[illegible], [illegible]. [illegible], [illegible] - [illegible], [illegible]. [illegible], [illegible], [illegible], [illegible]. [illegible], [illegible]. [illegible].

[illegible]. [illegible], [illegible], [illegible]. [illegible]. [illegible]. [illegible], [illegible], [illegible].

[illegible]: [illegible], [illegible] [[illegible] X] [illegible]. [illegible]?

[illegible]. [illegible]: [illegible], [illegible].

- ***[illegible]?** (What is it?)*
- ***[illegible]?** (What does it do?)*
- ***[illegible]?** (Why is it important?)*
- ***[illegible]?** (What did you personally take from it?)*

[illegible]: [[illegible]:] [illegible]?

[[illegible] - 2 [illegible]. [illegible]:]

[illegible] ([illegible]): [[illegible], [illegible]?]

[illegible] ([illegible]: [[illegible]]) [illegible], [illegible].

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7.1 [illegible]:

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- **[illegible]:** [illegible] [illegible] [illegible].
- **[illegible]:** [illegible] [illegible].
- **[illegible]:** [illegible], [illegible] [illegible].
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2. **[illegible]:** [illegible] [illegible].

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1. **[illegible]:** [illegible].

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[illegible] **(Facilitator) [** [illegible] **]**[illegible] **[Protocol X]** [illegible] [illegible]. [illegible] [illegible] [illegible] [illegible]. [illegible] [illegible] [illegible]. [illegible], [illegible] [illegible] [illegible] [illegible].

[illegible] **(Facilitator):** [illegible] **[**[illegible] **X]** [illegible] **[**[illegible] [illegible]**]** [illegible]. [illegible] [illegible] [illegible] [illegible] [illegible] [illegible] **[**[illegible] [illegible] [illegible] [illegible] **]** [illegible] [illegible]**?**

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"□□□ □□□□ □□□□□□□□□□?" (Translation: "□□□ □□□□□□□□□□□□ □□□□□□□□□□□□□□?") (Note: The question "What does it do?" is translated directly, maintaining the simplicity and directness of the original. The context suggests a desire to understand the purpose or function, so a natural Tamil equivalent was chosen.)	□□□□ □□□□□□□□□ □□□□□□□□□□ □□□□□□ □□□□□□□□□□ □□□□□□□ □□□□□□□, □□□□□□□□□□ 30 □□□□□□□□□□□□ □□□□□□□□ □□□ □□□□□□□□ □□□□□ □□□□□□□□□□□□□, □□□□□□□ □□□□ □□□□□□ □□□ □□□□□□□□ □□□□□□□□□□□□□□□ □□□□□□□ □□□□□□□□ □□□□□□□□□□□□□□.
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(Nilaayaga aarambithu, maariyi padil selvom.)

Explanation:

This phrase maintains the original meaning of "starting from where you started and changing" while using natural and idiomatic Tamil phrasing. The choice of words conveys a sense of progression and transformation.

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2. [illegible]:
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2. [illegible]: [illegible]

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2. **[illegible]:** [illegible] [illegible], [illegible] [illegible] [illegible].
3. **[illegible]:** [illegible]

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(Nilaiyāga poorupaāg iruppavatu oru tadaiyāga māṇiruyil kku paayumpaadiraa.)

Explanation:

* **[illegible] (nilaiyāka):** Continuously, indefinitely
* **[illegible] (poorupaāg):** Responsibly, seriously
* **[illegible] (iruppavatu):** Is/becomes
* **[illegible] (oru tadaiyāga):** A barrier, obstacle
* **[illegible] (māṇiruyil kku paayumpaadiraa):** Has become, has transformed

[illegible]:

1. **[illegible]**: [illegible]

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- **[illegible]:** [illegible]

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